

ABSTRACT

A dental tray having a planar portion and a single wall, useful for dental treatments including bleaching, fluoride applications, 5 desensitizing teeth, antibacterial treatments and other dental operations. At least one groove or bead, either continuous or segmented, divides the planar portion into a first planar portion and a second foldable portion inside the tray that can be raised by the patient to form an inner wall after the tray has been inserted into the 10 patient's mouth. The tray is formed from any dental tray material. Preferred are copolymer formed from ethylene and vinyl acetate having a forming temperature between 125 °F and 135 °F and a freezing point between about 80 °F and 106 °F.